

BRIDGES

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WEDNESDAY, JULY 31, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

A FIGHTING CHANCE

GARRETT KLOTZ WANTS TO USE HIS SIZE AND SKILL, NOT HIS FISTS, TO GET ANOTHER SHOT AT THE NHL. **P. 10**

FREE

INVENTORY

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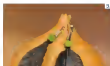
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ON THE COVER PG. 6



Seasoned rapper Redman created a tribute song to his home state of Maryland. The song, "The State of Maryland," is featured on his new album, "The Black and Blue." **PHOTO BY MICHELLE BEARS**

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MY FAVOURITE PLACE PG. 5



Melinda Webb takes meditative walks through the labyrinth at the Peace View Demonstration located south of Saskatoon off Highway 17. **PHOTO BY MICHELLE BEARS**

BRIDGES COVER PHOTO BY MICHELLE BEARS

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IN THE CITY

JULY 21, 2013 — 11:43 A.M.

Cooling off



A brown grizzly bear cub is seen playing in the water during the Grizzly Family Day at the Zoo. The animal is seen in a tank at the zoo. The cub is seen in a tank at the zoo. The cub is seen in a tank at the zoo. **PHOTO BY MICHAEL BORG**

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email bridges@thestarphoenix.com

MY FAVOURITE PLACE

Labyrinth offers peace, reflection and resolution

By Angelina Irtinich

Labyrinths, a pattern with one winding path that leads back to the earliest antiquity and are found all over the world. Today they are used for personal, psychological and spiritual reasons and growth.

There are several in labyrinths in the province and amongst therapist Miranda Wells's favourite place is one of them — Prairie View Centre, known as a labyrinth, which is about 20 kilometres outside of Saskatoon, just off Highway 11. It's a replica of the design in the 16th century Charles Colson in France. The path is nearly like to the centre and back, usually over 3,500 stones, all as far as to look at the stones — and was constructed in 1980.

Miranda Wells doesn't remember how she heard about the labyrinth, she suspects it could have been during a festival she attended for the passing of an older brother, but she isn't quite sure. But as Wells says, "sometimes you don't have to know where things come from to have a great appreciation for them."

Q How do you feel while you are walking through the labyrinth?

A A little more at peace than when you're in the city because you're not all the birds around you. And you have a bit of focus when you're walking through the labyrinth that you're not tripping over stones or tripping over your feet.

By not walking through it on a regular basis, you don't really remember what the path is and you just kind of wander through. It's quiet, peaceful and a lot of a meditative process.

If you do a little intention at the beginning, you're basically re-questing for a little bit of guidance as whatever situation is on your mind that's stressing you out. As you walk through it, your mind just cycles through and — if you will — the answer just kind of helps you come to a little bit of a conclusion and a little resolution.



Miranda Wells takes peace/Miranda Wells walks through the labyrinth at the Prairie View Centre about 20 km from Saskatoon. PHOTOS BY MICHELLE BERRY

Q How often do you come there?

A About once a year since 2001.

Q Why do you come to the labyrinth?

A Sometimes it's hard to think when you are in the city and even though I work in a very clean, serene environment as a massage therapist, I still need a little extra focus and quiet on occasion.

It's kind of difficult because (the path) are only about a foot and a half wide so you can't look up when you're walking. You have to focus — so often we are trying to focus on so many

different things and accomplish so many tasks at once so it's kind of a diversion regression.

Q How many times do you walk through it during one visit?

A It takes long enough just to walk through it once. You pass the centre and you're so close to it and as you go along you get farther from your end goal, which is kind of confusing life — you think you're so close then all of sudden you're like this far away from the point or whatever it is that's the end goal. Then you stand

or back in, through and around. By the time you get back to the centre personally, I'm complete.

Q How long does it take to walk through the labyrinth?

A About 30 minutes. It's not a maze, there's one way in and one way out. There's a set path to follow, but you get to choose your steps.

Q Do you do anything else while you are here?

A I just sit and relax and think. It's mainly just a meditative process, so

it's just about allowing yourself to be present. This one is set up to help with the grieving process. So, a lot of people who use this labyrinth have lost somebody and they are looking to either connect with them or have a little bit of peace of mind that they have left this world.

Q How do you feel after you leave?

A I find that my mind isn't running a mile a minute. I usually do come to a resolution as to the problem or question or situation that brings me out here in the first place.

ON THE COVER

I needed to pour this energy into a song.

—Rational

RATIONAL

Rapper immortalizes the voice of the Blue Jays

Hip-hop artist Rational, shown here in his Blue Jays jersey at Cactus Field's SafecoPark, created a tribute song to Dan Clark, the beloved veto announcer, for the Jays' 37 years. **PHOTO BY MICHELLE KONG**

By Angelina Irimaci

For 37 years, Dan Clark called each and every Toronto Blue Jays baseball game, and for 30 of those years, Rational. (Mark Atkinson) was listening. He still would be if the beloved Jays radio announcer was still calling

games today.

Clark was 66 when he died from brain cancer in 2010. The same year Jays fans heard his voice over their radios for the last time. Clark was known as "the voice of the Blue Jays." Since the team's inception in 1977, he called the first 3,506 regular-season games. Hearing his smooth,

baritone voice meant it was 5 p.m. and the game was on.

"He's the greatest Blue Jay of all time," says Rational, a local hip-hop artist and the album's producer. "He's not a player but no player has ever played 1977 to 2010 — for 33 years."

Rational's love for his team runs deep. He rattles off names, years and

statistics as if he's telling you the story of the week. He talks with as much passion and excitement about the team that it's practically poetic. "Oh, I'm so loyal," he says, rolling his eyes and tilting his head back.

Last January, during the deal of a SafecoPark winter, Rational, was

yearning for some summertime Jays baseball. The season wasn't starting until April — wasn't too long to wait and with two seats on the ground and no baseball on TV, he did what was natural to him.

"I needed to pour this energy into a song," says the 27-year-old rapper. Rational, his been writing music

I wanted it to be timeless. What better way than to dedicate it to Tom Cheek?
—Rational

Rational, has been writing music and rapping since he was a teenager and laughs when he thinks about how horrible he was when he started. But a lot has changed since then. He's now an award-winning artist who's become well known in the country's underground hip-hop scene. His motivational lyrics come from an honest place; his first full-length album released last summer documents his various personal struggles.

Back in January he began writing the song that could change his music career. He started penning an ode to the 2013 Blue Jays season. Once he started, he realized he needed to include something else, something bigger.

"I wanted it to be timeless. What better way than to dedicate it to Tom Cheek?"

Continued on Page 8



The ultimate Blue Jays fan Rational, proudly displays his Roy Halladay autographed baseball. PHOTOS PHOTO BY MICHELLE RENO

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In this business, I've met a lot of good people and Tom Cheek is at the head of that list...
I was blown away when I first heard the song
— Scott Carson



Rational, working on his album with Dave Johnston at Gekko's Architecture Studio. He sits to Tom Cheek. A Gekko and a Bell. has impressed several high-profile people in downtown Detroit. Photo by MICHELLE KING

Rational, spent more than 100 hours writing, re-writing and re-recording the song before getting it mastered in London, England. A drug and a Bell honors Cheek by using samples of his voice along with local children singing to accompany his raps.

"It will resonate with any Blue Jays fan, whether they like hip-hop or not. It transcends genres," he says.

The first time he heard the finished product, Rational, knew he had created something "enormous." He just hoped others would agree.

Last year right in June he took to Twitter to begin getting his song into the right hands. He didn't have any connections to the Jays — being the ultimate fan doesn't get your foot on the door. Rational, individually tweeted about 100 Blue Jays-related people he'd never met from baseball

enthusiasts and analysts to bloggers and business executives. It took weeks just to get a few responses but those who did listen to the song were more than impressed. Close to 30 different high-profile baseball people fully endorsed the song with a quote or praise, including Blue Jays TV statisticians and Sportsnet co-anchor, Scott Carson, who first met Cheek in 1980. Carson spent the rest of his career sticking alongside

Cheek, even spending some time with him on the golf course.

"In this business, I've met a lot of good people and Tom Cheek is at the head of that list," says Carson. He says that he was surprised when he found out that a hip-hop artist from Saskatoon was behind the song that got him choked up when he first heard it. He adds that Rational, a passion and understanding of Cheek and the Jays suffice in his opinion and

voice. "I was blown away when I first heard the song."

He calls it a perfect tribute to the owner of a great team.

Rational, knew the song was something special, but hearing positive words from the likes of people like Carson only confirmed his beliefs.

The song got passed around; Carson showed it to former Blue Jays pitcher and manager Buck March

I still remember taking that picture ... I remember saying 'I hope I look like Paul Mohitor right now' — *Rational.*



Rational as a child practicing his batting swing in Little League. SUBMITTED PHOTO

Of all the support Rational's received, none was as special to him. Martinez is the talent show play-by-play announcer for the Jays and the closest thing Rational has left to Tom Cheek. Martinez's go-to radio catchphrase, "I don't think it could have been done any better."

A huge smile spreads across Rational's face.

"I honestly didn't think I'd felt an emotion like that in my life. I was overwhelmed ... I felt like that little kid again," he says. "I internally liked those old Jay. I don't think I've ever in my lifetime cried tears of joy."

The timing of the song is perfect, since Cheek will be honoured this weekend at the National Baseball Hall of Fame induction weekend in Cooperstown. NY's Cheek was among the 10 finalists for the Ford D. Pritch Award for base straight years before he was chosen as the recipient last December. The award is presented annually to a broadcaster who makes major contributions to the game.

The song will officially launch soon on the Toronto Blue Jays' official website and social media platforms. It's also available for a free

download at www.banffspring.com (search for 'Rational').

Although he's closed with the opportunity Rational plans to keep "judging the door open." He wants to reach his ultimate dream of performing the song live at Toronto's at a Blue Jays game.

Curran says that Rational's song should be heard by everyone, so he put the rapper to work with a creative team at Sportsworld to push the project further. Rational's excitement about it all is infectious and he's been sharing it with everyone he sees.

"My phone's little banner will go off at night if that's when he gets news," says his mother, Maureen Beckett. She and her husband are impressed with the song, especially since Rational was only about seven years old when the Jays won the World Series back to back.

"We were both around (at) just how he had the knack to put each player in their place and bring back all those memories," she says. "That's where his passion is, between music and baseball."

Continued on Page 10

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Clip and Save

We were both amazed (at) just how he had the knack to put each player in their place and bring back all those memories. That's where his passion is, between music and baseball.
—Maureen Brotzel

When his parents put him in Little League at the age of five, they had no idea what kind of influence it would create. His team was called the New Jays and Little Ratsnast. (Matt at that time) was the pitcher. That's when the obsession began. Rational fell in love with the team because he could watch them on TV just as the same jersey and go to bed that he was playing in the big leagues. That passion for the game was evident even as a kid, says Dave Rigns, who coached him for about five years until Rational, now 14 years old. Although the two only recently reconnected over the song, Rigns remembers him for his skill, maturity and seriousness about the sport. When Rational, hurt his arm and decided not to continue playing, he chose to write a letter to Rigns, explaining his decision while not wanting to profess his love for baseball.

"I still have that note," says Rigns. "He made a lasting impression on me."

Maureen remembers the countless Jays hats, jerseys and video games they bought for their son. He steadily worked games with his dad, with his mom posing them for the youth union. Rational, never missed a game — if the family happened to be out at that important time, the game had to be recorded. When he wasn't playing or watching, he was practicing with his dad: the park, the lake, the backyard, wherever.

"I don't know a person on the planet that is more of a Jays fan than Matt," his mom laughs.

She remembers having plenty of photos from that time — there's one of him, but in hand, practicing his best batting stance at Williams Park.

"I still remember taking that picture," recalls Rational. "I had my \$4.99 batting cleats on that my mom bought from me from Wal-Mart and these really uncomfortable baseball lights on. I remember saying 'I hope I look like Fred McGriff right now!'"

At that time, the Jays' designated hitter was his hero and, like many young little leaguers, his dream was to be in the big leagues, either playing or broadcasting like Chuck



The struggles Rational, faced have pushed him to share his experiences with youth about suicide, bullying, drug use and self-esteem. BRIDGES PHOTO BY MICHELLE BRIGGS

Chuck had a way of making his listeners feel as though they knew him personally. He was the voice of Rational's youth — he says that Chuck took him to a place where nothing else mattered.

"Hearing his voice takes me back to my childhood," says Rational. He begins to look down and bites his head. The blue Jays logo on his belt pears forward. His voice becomes quieter while he chooses his words carefully. "Hearing his voice takes you back to times in your life when things were simple — not like they are now."

"Chuck hasn't been easy for Rational. His music resonates in some of the darkest, difficult times his life has

thrown at him. One song, "Concrete Cowboy" chronicles the painful journey his family went through when his older sister was in a relationship with a drug addict.

Rational has something in common with Chuck — both are a source of inspiration, especially to young children. While Chuck's voice made Rational feel like one day he could be a big league, Rational tells children the same sentiment. The struggles he's faced have pushed him to speak to youth, reminding them to never let go of their dreams.

"He put in a real gift in working with youth," says Curtis Wagner, an elementary school teacher who brought Rational, into St. Angelo

School a few years ago to perform for students at an assembly. Wagner says he appreciates that Rational, has stayed true to himself and isn't afraid to broach tough issues.

Not only does he speak to students in Stokelyton, but he goes to reserves and other provinces and has even traveled to Africa. He speaks to youth about suicide, bullying, drug use and self-esteem.

"I got caught a lot but when I was a kid," he explains. "I knew what it's like to be 15 and not have any friends and to be so insecure."

He stresses the importance of young people having something to relate to — he doesn't want them to feel alone, like he once did. Along

with reminding kids to be themselves he focuses on motivating youth to follow their dreams through education, never giving up and accepting themselves — something he's been doing himself recently.

He still dreams of the big leagues — literally. At night he has dreams of performing his song to tens of thousands of fans at the Jays stadium. "I wasn't good enough to play in the major leagues but I feel like (the song) is my way to get as close as I can to the real thing."

Time ticks away, but his love for the team has never wavered. He laughs when he says the interview has to wrap up quickly; it's 10 p.m. and the Jays play in 30 minutes.

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GROWING RESISTANCE

How farmers resisted GM wheat

Movements against food that's been genetically modified (GMO) usually began as unions of urban Europeans protesting against food sold as dressed as the grain reaper showing their crops in the supermarket farmers' fields.

Farmers, especially from the so-called First World, are not typical actors in the movement against GM crops, yet in 2001 a coalition of zero organizations led by genetic farmers stood up against Monsanto's plans to introduce Roundup Ready wheat in Canada.

In *Growing Resistance*, I analyze the diverse coalition of forces that successfully pressured Monsanto to withdraw its Roundup Ready (RR)

wheat variety from the Canadian regulatory system in 2001.

I spent the better part of a year in 2003/04 travelling throughout the prairies to gather the information for this book. My fieldwork involved interviewing farmers and members of organizations that both supported and rejected RR wheat. Interviewing farmers was by far the most interesting for me. Although I grew up in Saskatchewan, farmers perceived me as an outsider. I used this outsider status to my advantage, procuring detailed descriptions of the diversity of actors, positions and strategies pursued by the different coalition members. Indeed, the coalition's main strength was its diversity.

Mainstream genetic farmers found themselves working alongside their more radical organic counterparts and organizations like Greenpeace focused on its own disestablishment. The farmers I interviewed talked about their uneasy alliance with groups like Greenpeace, whom many saw as urban radicals out of touch with rural prairie realities. Once the coalition had begun its work there was simply no consistency that Mainstream could point to in support of their efforts to introduce RR wheat into Canadian markets and farmers' fields.

I believe the story of this diverse coalition of farmers, environmentalists, and urbanites serves as an

important example for other social justice campaigns. It has taught me that corporate power can be successfully challenged by coalitions of radical groups that incorporate very local and specific concerns into a wider discourse of opposition that draws on environmental and consumer activism. It seems to me that coalitions that cross urban/rural boundaries and local and global concerns are our best hope for securing social change in the years to come.

Growing Resistance and the Politics of Biosecurity and Food Wheat



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Dear Chip,

What's the difference between a grasshopper and a locust? Singlen

Why? What an excellent question. I used to think that locusts and grasshoppers were completely different species. But then, while I was talking with my wise friend Chris, I learned from him that locusts are short-horned (short antennae) grasshoppers during a specific phase of their life. The swarming phase. The swarming phase begins when there is a large population of short-horned grasshoppers in one area. If the young are crowded together, they will change in size and appearance. They will begin to migrate as locust swarms become scarce. Swarms of locusts are considered a natural disaster where they occur because of the amount of grain, pasture or crops that they consume. The 2nd time locusts swarmed in North America was in the 1800's before the infamously locusts of my brother the Rocky Mountain Locust. So now you know, a locust is a grasshopper!



Send your questions to me at the address below, then watch Boggles for the answers.

Your pal, Chip

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See us on page 10



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SASKATCHEWAN FASHION

Keshia Goodman and Anna Liesa

Kids' clothing is cute; can end up worn backward

By Angelina Irucci

Keshia Goodman is energetic, outgoing and has lots to say for a three-year-old. Her clothing matches her vibrant personality and her dad Jeremy Thompson says that she likes to dress herself as she sees fit.

Keshia explains that although her mom picked out her outfit today (she was busy having a bath) she will like it. When she's picking out her own clothes for the day she usually chooses bright coloured shirts. She loves anything with flowers, but she's limited to what she can wear in her dad's city, Jersey.

"Sometimes it's not so good," he laughs.

In fact, Keshia's denim skirt was on backward for the first part of the day before anybody noticed. She was too busy playing at Keweenaw Park in Saskatoon and enjoying her favourite food — ice cream (some of which happened to land on her skirt).

Keshia has a variety of interests — the regulars' favourite things are "everything." She especially enjoys going to the library and will grab as many books as she can carry.



Outfit:

1 FLORAL TOP "Winners." It's just different from your regular kids' shirt," says her mom, Keshia Goodman.

2 DENIM SKIRT The Children's Place. "I like jean skirts and it's very hard to find jean skirts these days for little girls."

3 SHOES Winners. Keshia picked them out because they are "pretty." Kyle says they are just not comfortable.

There are days when Anna Liesa has her clothes on backward, says her mom. While the three-year-old is wearing what she bought her shoes on and then putting on her new dress in the morning.

"That's the first time," Anna says, pointing at her dress. "That's how I usually get about it — the skirt is covered with my arms off."

We're starting to learn about the Anne Thompson and the (S) "Takes on the dress" — says Anna.

It's a sunny day outside and Anna is sitting under her favourite tree. It's perfect to her because she picked it out with her grandmother when asked why she likes to sit under the pink flower (her favourite colour) and eat them. "Because I love it," Anna says, looking at the tree.

Anna loves to wear her favourite and her favourite. She has a collection of her favourite. She has a collection of her favourite. She has a collection of her favourite. She has a collection of her favourite.

Outfit:

1 HAT Mimi. She picked it herself and she likes the flower and the belt," says Anna.

2 DRESS Hand-me-down. It's kind of an educational group presentation."

3 SHOES Carter's. "She likes these shoes because of the pretty bow on them."



BRIDGES PHOTOGRAPHY MICHELLE MIRE



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HEALTH

Hip replacement revision rate low

By Helen Branswell

New Canadian data suggest that people who have a type of metal-on-metal hip replacement are more likely to need a revision within five years, but even then, the rate of revision is low.

The data show that people who had large-diameter modular metal-on-metal implants had a 58-per-cent chance of needing to have the implant replaced within five years, compared to a rate of 17 per cent among people who received the more common metal-on-plastic implant.

Informed by the Canadian Institute for Health Information, the data indicate that nearly three out of every four hip replacements logged into the Canadian joint replacement registry were metal-on-plastic implants.

Metal-on-metal hip replacements made up only nine per cent of the procedures recorded in the registry.

They were introduced with great excitement a few years ago, the thinking was the replacement hips would be more durable and better for younger patients than the metal-on-plastic type.

But research from a number of countries reveals that isn't been the case for a small subset of people who received the implants.

Canadian orthopaedic surgeons took a more conservative approach to the metal-on-metal implants and it turned out to be the way to go, says Dr. Michael Damber, an orthopaedic surgeon from Halifax and co-chair of the joint replacement registry.

"It was the right side of the street to be as, for sure," Damber says. "It was the fact of the matter that in the United States as the late 1980s at most 40 per cent of every made in the country (was) got a hip replacement got metal on metal. So that is why it's such a big issue in the United States."

Damber says the differences be-

tween the U.S. and Canadian information underscores why it's important to gather information on joint replacements. Currently the joint replacement registry is a voluntary one, and captures only a portion of the procedures done in the country.

Two provinces — British Columbia and Ontario — are moving to make it mandatory for those procedures to be recorded in the registry. But Damber wishes others would follow suit.

We have a voluntary system and until recently we've been down around 50 per cent. We think that all implants should be registered because this is important. We're spending the nation's treasure on this stuff. Thus is a big health-care priority in Canada," Damber says.

"We want to make sure we can deliver the very best product to the patients in our country. And we want to make sure that the money that we're spending — is best spent for the most appropriate implant for the most ap-



Canadian orthopaedic surgeons took a more conservative approach to the metal-on-metal implants and it turned out to be the way to go. PHOTO BY U.S. NATIONAL INSTITUTES OF HEALTH

propriate patient."

The report, based on nearly 60,000 hip replacements done across

Canada between 2005 and 2010. Data from Quebec were not included. — The Canadian Press

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WATROUS/MANITOU 2013 CALENDAR OF EVENTS

JULY 27 — Fun Run, Shine 'n' Shine,
Main Street, Watrous

JULY 27 TO 28 — Provincial Horsehoe
Tournament

AUGUST 16 TO 18 — 355 Rose Hill Tour

OCTOBER 27 — Food Supper,
Watrous Civic Centre

NOVEMBER 15 TO 16 — Provincial 3A
Volleyball Tournament,
Watrous High School

NOVEMBER 16 — Watrous Knights, Sheldahl,
Watrous Civic Centre

NOVEMBER 22 TO 23
& NOVEMBER 29 TO 30 — Watrous District Theatre,
Watrous Civic Centre

DECEMBER 5 TO 11 — Local Artist Show and Sale,
Café on 3rd

Watrous/Mantou Beach

Watrous's economy and population expected to grow

By Miranda Baski
S-P Specialty Products

Watrous has always been a popular tourist destination, being so close to Mantou Beach, the town has been the perfect place for visitors to book a hotel room or campsite. But lately, Watrous has been experiencing a growth of a different sort: new citizens.

"We're seeing growth in all areas of our community right now," said Rhonda Marx, community development officer with the Watrous Municipal Marketing Group. "And with the popularity of the area, we're seeing a lot of people move home, not just from Saskatoon, but from all over the prairies and western Canada coming to call Watrous home."

The town currently has a population that sits at just over 2,000 people, and that number is expected to grow over the next few years. Marx said the city's west side development is now complete, and the 40-plus lots on the outside will be ready for purchase sometime this summer.

This growth comes from a number of areas, all of which are strong partially because of the town's location between Saskatoon and Regina. "We're sort of a hub of activity, and it's not just based on our economic location. The main four are potash, agriculture, small business and tourism — and right now we're seeing growth in all those areas," said Marx.

It's hard to say whether the businesses in Watrous owe their growth to the successful sectors of the area, or whether the sectors are successful because Watrous's businesses are so diverse and close at hand. For example, the town is home to dealerships that carry a wide selection of the sector's needs. These dealerships include Watrous New Holland, a John Deere dealership and Mantou Motors, the largest rural GM dealership in Saskatchewan.

A recent expansion to the Coop Food Store was completed this past spring, and is ready to serve the community. "[The Coop] has been a strong partner in our community



for so long," said Marx. "They have, in the last few years, opened up a new gas station in the same parking lot as the grocery store, and now the grocery store has expanded by quite a bit."

The agriculture sector, while not seeing as much growth itself, is also a large factor in the town's success.

"We have, but over the last few years," explained Marx. "We haven't seen the dramatic flooding that has been taking place in other communities in the province ... There was definitely water, but not like in other areas." This, combined with recent crop prices, has meant that the farmers in and around Watrous are doing fairly well, in turn contributing to the town's economic growth.

The area's potash sector, meanwhile, has

seen significant growth, making it a huge contributor to the area's economic success. Watrous is located only 50 km away from three major potash mines — the PotashCorp mines in Alden and Langens, and Muske Potash's mine in Colonsay — and is about 60 km away from BHP Billiton's new James project. This means growth not only for Watrous, but also for the entire region. "This comes both from the people moving to work at the mines and people moving to temporarily work on their development."

"Being one of the largest communities in the area, we've seen a lot of construction work in our community ... Any time you get larger towns from people, that indirectly helps the economy," said Marx.

Perhaps Watrous's biggest economic driver, however, is its tourism sector. Marx explained that the town's tourism sector has always been successful because of its proximity to Mantou Beach. Watrous is hoping to push this success even further through developments at Mantou Beach and with Watrous Saskatchewan, through a new community tourism plan that looks at marketing and how the town can continue to grow its tourism sector.

"Generations after generations of people have been coming here, bathing in the waters ... so we're looking at the next phase of that now," said Marx.

With each of its four main economic pillars expected to continue to be successful, Watrous is expecting its population and economy only to grow. And this expectation doesn't seem to be off-track.

For more information about Watrous and Mantou Beach, make sure to visit www.watrousmarketing.com.

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This is no ordinary small town, fast-food place. For John, it is all about quality and making a personal touch to every order. That's why the burgers are homemade, the steaks are always fresh — never frozen — and the gourmet pastas are prepared to your specifications.

"People have noticed that the meals we offer are different," said John Koppenberg, owner of John's Plate. "They notice the efforts that we put into our menu. For example, we have different dinner options because we know people are eating healthier. We know the town is enjoying the local business so we're hearing good things about what we're doing and they tell other people."

The most popular lunch item this far is the steak sandwich. All of John's steaks are Canadian AAA and aged over 30 days to ensure a tender meat. As well as our only lamb chops menu, we offer a lamb chops menu which changes with the seasons. For supper again, the steak is a favourite. However, the pasta dishes are popular too due to the selection that is available and the possibility of creative orders. If it's Pasta you want, try one of our Gourmet Pizzas. Lots of toppings, great taste that will be sure to satisfy your appetite. Save lots of room for dessert though. John says the brownie plate is a very big and very tasty.

Watrous/Manitou Beach

Ready, set, go to the 22nd Annual Watrous-Manitou FUN RUN AUTO SHOW AND SHINE

If you're looking for a holiday with a difference, consider spending some time in Watrous, a quiet town just an hour and a half's drive from Regina. In addition to enjoying the healing waters of Manitou Beach, you can take in a host of activities that are planned throughout the summer.

One of the featured attractions in Watrous this summer is the 22nd annual Fun Run Auto Show and Shine, planned for July 27. Main Street Watrous is the site of this popular car show, which features antique and specialty vehicles, antique tractors, muscle cars, motorcycles, tractors, and restorations.

Initial interest in the Fun Run Auto Show and Shine began in the late 1980s, when the idea for the show was presented as an option for bringing more tourists to the community. The Watrous and District Chamber of Commerce approached the Saskatchewan Coach Car Club to determine if the club would be interested in organizing and holding the car show. The club agreed, and the two organizations came together to debut the first Watrous Fun Run Show and Shine in 1992.



This joint proposition worked well until 1996, when the Saskatchewan Coach Car Club decided that would be its last year holding a show in Watrous. The club hosted its own show in 1997, and the Watrous and District Chamber of Commerce took over running the local event.

Since then, the Fun Run Auto Show and Shine, supported by local businesses, organizations and other supporting sponsors, has become a favourite with locals and tourists alike. The auto show is the longest-running annual event in the town of Watrous.

Car show participants can register for the Fun Run Auto Show and Shine up to and including the day of the event. The first 100 entries received by July 22 have been entered in the pre-registration draw, which include a first prize of \$300 cash (draw made July 27, winners must be in attendance at the Awards Banquet) and a hospitality VIP pass package valued at \$350 (two night's accommodation, free seven passes and breakfast at Manitou Springs Resort, and gift certificates from Terry's Pizzeria, Manitou Golf Course, Manitou Mini Golf and the Jubilee Drive-in).

Registration fee is \$15 per vehicle (includes Show and Shine, club plaque, insurance, entry for awards and prizes). A cash

award has been added for the best car club participation. Last year's winners were the Saskatchewan Mopar Club and the Fraser Albert Classic Restorers. Past participants can pre-register for \$10.

The day begins with a pancake breakfast at 8 a.m. at the Seniors Drop-in Centre on Main Street. Show and Shine registration begins at 9 a.m. with food concessions beginning at 11 a.m. The live family entertainment begins at 10 a.m. with *Keeper the Clown*. At 1:30 p.m., there will be a cruise down to Manitou Beach and back. For the car show participants, an awards banquet will be held at 5 p.m. at the Civic Centre.

Throughout the day, the Watrous Auto Council will be hosting "Art in the Park," a gathering of local talent.

Other great attractions throughout the day include Racing Against Dogs programs vehicles. Developed by Pinedale Motorsports, this program teaches schools across the western provinces to deliver a message about the importance of remaining drug-free. They teach kids to say "no," and the importance of looking at the family unit as a team. Kevin Therres and his team from Pinedale Motorsports will be on attendance with PowerGold, the world's first and best-selling diet jet car. Make sure to get up close and personal, you might even hear it fired up. Don't forget your camera!

Admission for spectators is free, and there will be lots of free family activities, including *Keeper the Clown*, insects, face-painting, kids' games, balloon art and family entertainment. Tim Hatcher, also known as "Professor Fanny Stiff."

For more information, please contact Jason Lindgren of Watrous Manitou Motors at 306-946-4336, or visit the show's website at www.funrunshow.com.

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2010	Ford	F150	XLT	Blue	10,000	\$22,975
2010	Ford	F150	XLT	Blue	10,000	\$22,975
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Photo by Craig Soper

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The waters flow from an underground spring into Little Manitou Lake. The community of Manitou Beach, closely located between Regina and Saskatoon (103 km southeast of Saskatoon and 175 km northwest of Regina), rests on the shore of that scenic lake. Overlooking the lake is the Manitou Springs Resort and Mineral Spa. This world-class complex includes 162 hotel rooms, convention facilities and a European-style mineral spa that is fed by the waters of the lake.

The combination of a peaceful, small town atmosphere and a first-class spa that offers services such as Swedish massage, reflexology and body wraps, creates a setting for the ultimate vacation—one that is relaxing and rejuvenating.

Therapeutic travel has been a part of Manitoba's history since the early 1900s when the First Nations peoples discovered the healing properties of the lake. Recently though, the waters have become known internationally and people from across the globe travel to Manitou for therapeutic vacations. "Spas and wellness facilities become an important part of [people's] lives and their vacation plans," said Hapley. Manitou Springs Resort and Mineral Spa is a great venue for large get-togethers, such as weddings, family reunions and conventions. Soon, the resort will have even more to offer large groups, as more hotels are taking shape on Manitou Springs Terrace.

are expected to be complete by August.

With a capacity for up to 300 people, the 7,000-square-foot party, made entirely of rock and stone, will have a retractable roof and include a 30-foot stone bar area and a small dance floor and stage. LED lighting will accent the surrounding trees and shrubs, and the entire area will be visible through the windows of the spa.

The resort has developed special packages to satisfy the needs and wishes of individuals, couples, families and large groups that want to enjoy all of the services available. Continuations include hotel accommodations, use of the mineral pools, the spa, the servers, fitness activities, and dining that is geared towards health and wellness.

Therapeutic and esthetic services at the resort are provided by Serenity Massage and Esthetics. The area of the spa where these services are provided recently underwent a major expansion and renovation, including the construction of an aquatic writing room. An expanded list of spa treatments is now available, and it is now possible for groups of up to eight to receive pedicures and manicures together. New massage tables, manicure tables, waxing and massage pedicure chairs with foot baths, and towel warmers are now available to enhance guests' experience of the spa.

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Aluminum Bed, Radio
Loaded, White
MSRP \$39,400

Sale Price

\$51,995



**2013 CHEV. SPARK
1LT SDR, HB.**
4 spd, Auto, Loaded, Muls,
Denton Metallic, Silver w/
Blue trim interior

\$17,495



**2013 BUICK LACROSSE 40R
LUXURY FWD**
3.6 V-6, Loaded, Storm Grey with Cherry Leather
MSRP \$43,285

Sale Price

\$39,995

**2-MORE 2013-3500 H.O.
W.T. REG CAB-CHASSIS 4WD**
5.0L V-8, Auto, White,
Dual Rear Wheels
MSRP \$45,270

Sale Price

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Starting at

\$23,995



**2013 GMC SLT CREWCAB
L.W.B. 4X4 "BIG DOGLEY"**
Customized Suspension, 18" Steel Wheels,
Metallic with Ebony Leather
MSRP \$72,250

Sale Price

\$64,995



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OR GMC SIERRA CREWCAB 4X4'S**

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CITY NEWS

#BITE INTO SUMMER

Camp focuses on agriculture and food security

By Angelina Irtinich

"One idea can change the world."

That's what Free the Children co-founder Craig Kielburger told a group of youth during the kickoff to Agriculture in the Classroom's Bite into Summer camp.

The camp, in its first year running, aims to teach youth about agriculture, food security and ways young people can make food more central in their communities. The camp runs from July 15 to 19 and hosted 15 campers aged 12 to 15.

"I think they (kids) believe that they can make a difference and they can go home and do little things in their lives that will make big differences throughout time," says regional specialist of the Saskatchewan 4-H Council, Rochelle Weisheimer, who helped organize the camp.

The group discussed issues surrounding agriculture and food security while learning through a variety of activities and games. They went on a number of tours including the Saskatoon Farmers' Market, a local farm and the Saskatoon Food Bank. Campers also volunteered at the food bank's Garden Patch.

Some of the campers admit that they didn't know much about agriculture and food security but were eager to learn. Sisters, Katelyn Bumpst, 15, and Breanna Bond, 14, joined the camp through Weisheimer and signed up, ready for a new experience. Bond says that she hadn't heard of food security before and thought it would be fun to learn, especially since it is something her class also has a class seller at the camp. Legend "a little" in school but was eager to become more familiar with the topic.

"We should know what's going on around us and why agriculture is so important," says Katelyn. "I already know it is, but I wanted to expand my knowledge."

Organizers from Agriculture in the Classroom asked the Saskatchewan 4-H Council to team up and help organize the program. Agriculture in the



Sisters Katelyn (15) and Breanna (14) help weed the rows of peas in the Saskatoon Food Bank's Garden Patch during the third day of Agriculture in the Classroom and 4-H Saskatchewan's Bite into Summer camp. Katelyn is in second grade and Breanna is in fourth grade.

Classroom's summer program meets first and Bite into Summer camp director Alyssa Trellack says it's important for children to understand food security on a deeper level. She says the camp aims to build upon what is already taught in the classroom.

"We hope that they (get) a better understanding of agriculture, what's important when it comes to where their food is from and how important

it is to have healthy food as a goal to live and have a sustainable lifestyle."

Camp organizers wanted to ensure that the campers were first and foremost having fun, so learning was built into activities. One activity challenged campers to shop on a budget while buying nutritious food. Campers were put into groups and each given \$10 to shop at the Saskatoon Farmers' Market. They had to

buy enough nutritious food to feed their group dinner that evening. The groups also discussed ways they could provide food security either locally or globally then presented their ideas.

Lots of activities were related to food security but some were "just fun," says Trellack, like horseshoe racing, which the Bumpst sisters were looking forward to before the camp

started. Katelyn's talk is what he discussed law he started from the Children and inspired youth to be active in food security. He agreed by telling the group he had never heard of a camp strictly teaching about agriculture and food security.

"I think you need this (camp) in every generation in the country," said Kielburger.

GARDENING

SASKATCHEWAN HORTICULTURE

Consider these conifers to improve your urban space

By Sara Williams

If you're tired of the ubiquitous Colorado spruce, why not try a different conifer to add interest to your yard? While most conifers need space and are better suited to larger landscapes, a few are perfectly suited to smaller urban lots. The following three are drought-tolerant once established and do well on full sun as well as drought.

If ever a tree should have much wider availability and use, it's the subspice for (olive leucocarpa). A hardiness in regions with dense, bright green, flat needles that are exceptionally soft, subspice fir has a wintry narrow form and a spread of only 3 to 6m.

Also in this the Latin word olive

"to rise," a reference to its height (tall), while leucocarpa is from the Greek words, leuco meaning "shiny" and carpo, "fruit," describing the silvery-blue dark purple silvery cones of about 5cm. The bark is smooth and ash grey. Its relatively slender growth makes it suitable for both large and small lots, as a specimen tree, for screening or hiding utility poles.

But note that it is not tolerant of wet conditions. So, plant it in a well drained location. Except in the driest years, it does not require supplemental irrigation once established.

If space allows, Siberian larch (larix sibirica) should be high on your wish list. It is a large, fast growing tree (up to 30m tall) that retains a pyramidal form and almost perfect symmetry throughout its life. The branches arch gracefully down

turning up at their tips. As its name implies, this species is native to Siberia and northern Russia. It is much better suited to dry conditions than its relative, our own tamarack (larix laricina).

The needles are soft, bright green and flexible. On new growth, the needles are single and spirally arranged along the branch. On older growth, needles form dense bundles on short pegs. Like other larches, the Siberian larch is deciduous, losing its needles each fall. In spring, new growth is early and a lovely soft green. Red colour is an outstanding golden yellow.

The male cones wither once the golden is shed. The female cones resemble small wooden roaches and persist on the naked branches throughout the winter, maturing in new seasons.



Siberian larch. SUPPLIES PHOTO



Free Community Campus Tours Summer 2013

Historical Walking Tours of the University of Saskatchewan Campus
Available for all ages. 90-115 hour tour highlights the university's history, important
buildings and unique architecture. Tours run every Wednesday and Sunday in July
and August, leaving from the lobby of the Saskatchewan Centre at 10 am.

NEW! Thematic Tours

July 31 & August 4 - Sustainability: Learn about the commitment to creating a
sustainable campus. August 14 & 17 - Agriculture: Explore the importance of
agriculture from its historical roots on campus to modern global innovation.
August 23 & 25 - Alumni: Visit buildings and landmarks associated with some of the
university's most notable alumni.

Customized tours are available upon request for tour groups and community groups.

Saskatchewan Centre
PH: (306) 944-2384

Email: delc@usask.ca
www.usask.ca/centerfor

Please contact us for more information or to
reserve your spot.

UNIVERSITY OF SASKATCHEWAN



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APPLY HOUR

Tuesdays - Thursdays
after 4pm



APPLES Choose one

Sizzling Sonic Shrimp
cayun cream or garlic (each \$6.95)

Cheesy Tater Skins
bacon, green onions and
3 cheeses

So Good Pot Stickers
pan fried dumplings with chicken,
veggies and jack cheese

DRINKS Choose one

Sox Glass of Wine
red or white house wine

Pint of Draft Beer
ask your server for
current selection

apply + drink
\$9.99



ALL NEW

RG'S LOUNGE

At Rick's All Day Grill

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Offer valid at RG's Lounge only.

The subalpine fir is a handsome evergreen with dense, bright green, flat needles that are exceptionally soft. It can grow to a height of 15 metres.



The subspine fit is suitable for both large and small areas thanks to its relatively slender joints. The attractor can therefore also be used to hook under poles. **MACTO COUNTRY** www.macto.com

Because of its size, the Siberian larch is well suited as a specimen tree in larger urban yards, acreages and farms. It is also used in shelterbelts where it establishes quickly. The fall colour contrasts well with evergreens and the purple-red foliage of other trees and shrubs.

Sometimes difficult to find, Black Hills spruce (*Picea glauca var. densata*) is an excellent confidant with a dependable track record and should be much more widely available. A variety of white spruce, it was introduced by the Black Hills Nursery of South Dakota in 1890.

Black Hills is a denser and more compact form than the species. In addition, it has a narrower pyramidal form that's better adapted to prairie conditions. It grows rapidly while young, has short, dark blue-green needles and an ultimate height and spread of 24 by 24. Use it as a specimen tree or as a grouping in screen plantings and in shrubbedges. It crosses best

wind cover for turtles

Sara Williams is the author of the newly revised and expanded *Creating the Prairie Home*.

This column is provided courtesy of the Sea Breeze Petrol Station Society (www.seabreezepetrol.com.au)

A more varied diet

Labor and Love. Come join us to maintain the Boba Smith Modification Garden and Heritage Rose Garden at the Saskatoon Zoo and Poultry Farm Park Zoo. Bring your own tools, everyone welcome. July 27 at 9 a.m. and July 30 at 10:30 a.m.

Gardenline is open for the season. Call 866-866-6616 (long distance charges apply) Monday to Thursday or send your questions to gardenline@earthlink.net

SASKATOON

REGGAE

WORLD MUSIC FESTIVAL

CULTURE, MUSIC & DANCE

Saturday July 27th

at the Odeon Events Centre

A celebration of Culture, Music and Dance

Juno Award Winner, Mikay Dangerous, Oral Fuentetras,
Jim Balfour Reggae Band, dance performances by
Terrance Pitttent, Bank Pracyapong (Thailand Hip
Hop), def Sol Crew, Saskatoon Salsa, Del Mundo
Dance Academy plus much more...

AFTER PARTY DANCE to follow @ 12 midnight
with DJ Scott Turner and DJ Heywood
Doors: 8pm • **Tickets:** \$20 Adv • **Day off:** \$25
VIP: \$25 Adv • **Day off:** \$30
Tickets on sale at the ODEON BOX OFFICE,
241 2nd Ave S, Saskatoon, SK theodeon.ca

THIS IS AN ALL AGES SHOW: NO REQUIRED

The Starline Theatre, Saskatoon, SK, Canada

EVENTS

MUSIC

Thursday, July 25

Two Men Group
Cassides in downtown
Las Vegas,
801 227 Pinehouse Ave.

Brewster and the Beaters
Bulls on Broadway
517 Broadway Ave.

The Rockin' Heroes w/ The Bullie Davey and Gail Enough
Vanzos Tavern,
601 Broadway Ave.

Shane Ghieslin
Piggy's Pub & Grill
1603A Highway 66 North

Friday, July 26

Duff Duff
Bulls on Broadway
517 Broadway Ave.

3 Back + One
Army & Navy Veterans Club,
309 First Ave. North

Leon Dicks
Halford Theatre Centre,
103 Fairview Court

The Worst Pop Tito Ever
Mokilly Robinson,
3350 Eighth St. East

Paco Kings
Vanzos Tavern,
601 Broadway Ave.

The Moss w/ Green
Amigos Cantina,
632 10th St. East

Mudd Brothers
Piggy's Pub & Grill,
1603A Highway 66 North

Saturday, July 27

Duff Duff
Bulls on Broadway
517 Broadway Ave.

Presidio
Natura Legion,
3031 Louise St.

3 Back + One
Army & Navy Veterans Club,
309 First Ave. North

The Rhythmanics
Downtown Legion,
908 Spadina Cres. West

The Dave Nelson Trio
Mokilly Robinson,
3350 Eighth St. East

Ray Elliot Band
Vanzos Tavern,
601 Broadway Ave.

Mikay Dargatzis w/ Cool Fuentes
The Odessa Events Centre,
244 Second Ave. South

Wizards w/ The Fems and Pandas in Japan
Amigos Cantina,
632 10th St. East

Mudd Brothers
Piggy's Pub & Grill,
1603A Highway 66 North

Sunday, July 28

Presidio
Natura Legion,
3031 Louise St.

Shane Jam
Vanzos Tavern,
601 Broadway Ave.

Tonight It's Poetry
Lydia's Pub,
550 Broadway Ave.

Monday, July 29

Apollo Cruz
Bulls on Broadway,
517 Broadway Ave.

Tuesday, July 30

Apollo Cruz
Bulls on Broadway,
517 Broadway Ave.

Leon Choir w/ Shred Kelly
Vanzos Tavern,
601 Broadway Ave.

Open Mic
Lydia's Pub,
550 Broadway Ave.

Wednesday, July 31

Apollo Cruz
Bulls on Broadway,
517 Broadway Ave.

Open Mic
Rock the Bottoms,
550 Broadway Ave.

Johnny Broadway Record Club
Vanzos Tavern,
601 Broadway Ave.

Stained Out
Lydia's Pub,
550 Broadway Ave.

ART

Mendel Art Gallery
Until Sept. 10 at 900 S. Spadina
Cres. East: The Automatist
Revolution: Montreal 1941-
1960, featuring works by Aimé
Maillol and Paul Gauguin.
Bordone Art Gallery at the Mercy
of Light, by G. Bortone.

Shaping Saskatchewan: The Art Since 1938-1964, featuring
Stanley Burt, Arthur Mc-
Ney and Otto Roppy. Located
by Rodney LaFramboise in the
 lobby. The Art Society of Saskia
 exhibition, *Altered States*, fea-
 tures works by G. Bortone and
 other artists in the Museum
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What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

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Charles Bradley Soul of America
July 26 and 28 at 7 p.m. and July 27 at 9:30 a.m. at 800-walk Theatre A documentary that captures the life-in-the-mix of 60-year-old aspiring soul singer Charles Bradley, whose unreleased debut album rocketed him from a hard life in the projects to being one of magazine's top 50 albums of 2011.

The 2013 International Ballets Canada Acting Workshop Recital
July 27, 2:30 p.m., at Grosvenor Park United Church, 407 Cumberland Ave. South. Presented by the Saskatchewan Orchestral Association. The workshop is instructed by Kathryn Stokes, George Chavalerian, Dianne Grynby and Bonnie Nicholson. The recital features 12 participating companies directing six elements and a string orchestra.

Saskatoon Diggins and World Music Festival
July 27, 8 p.m., at The Odorin Events Centre. Presented by Saskatoon Diggins Festival. Features Juro Award Winner Hilary Diggins, Orla Hunt, dance performances by Terence Litzman and Benk Preysing. This is an all ages show. An after-party will follow at 12 p.m.

City Garden Bus Tour
July 28, 10 a.m., at the Mall at Lawson Heights. Hosted by the Saskatoon Heritage Foundation Society. Walk some of the city's most interesting gardens in a city bus. No reserve a seat. Call 326-349-1329 or visit 326-349-1329.

Classical Violin Night
July 28, 7:30 p.m., at Grosvenor Park United Church, 407 Cumberland Ave. South. Hosted by the Saskatoon Foundation. This is the first concert of the series' second

season. Featuring local musicians. For information visit www.saskatoonfoundation.ca or email info@saskatoonfoundation.ca.

Spencer McKnight in Concert
July 28, 7:30 p.m., at Assumption Church in Mayaguez, 31 km north of Humboldt on Hwy. 20 and 3 km east on Maryburg Grid 756. Presented by Maryburg Centre of the Arts. McKnight has been named the Saskatchewan Representative for the National Music Festival in Waterloo in August.

Dance Alliance Benefit Performance
July 28, 7 p.m., at Holy Family Cathedral. Dance Alliance will perform as part of their Canada/Western States tour. The performance is a benefit event, with all the proceeds going to the Dance Alliance at St. Mary's Community School. A dance workshop will be held Aug. 1 from 10 a.m. to 12 p.m. The workshop will be jointly hosted by Dance Alliance and St. Mary's Dance Troupe. Register at the performance.

Summer Night Show at the Zoo
Suns to Aug. 4 at 11 a.m., 2 p.m. and 4 p.m., at the Saskatoon Forestry Farm Park & Zoo. The Canadian Sator Conservancy will visit the Saskatoon Forestry Farm Park and Zoo with their collection of animals. A light demonstration and an educational commentary on each of the birds by a herpetologist. Aug. 4 at 1 p.m., and Aug. 4, meet after the session. Visit the A-B-E-B-E Learning Centre.

Walk on Wednesday: History Along the River
Wednesdays through Aug. 14 at 12 p.m., starting at Mel-



Justin Scripps is Alex (left) and Jason Lightfoot is the referee in a water polo match. Photos by Chris Pridmore.

wyn Valley Centre. History information walks include history along the river, and Melrose and Broadway area.

Dancing in the Park
Wednesdays, and Aug. 1, 7:30 p.m. to dusk, weather permitting, at River Landing Amphitheatre. Scottish social dancing presented by the Saskatoon Scottish Country Dancers. Experience is not necessary and partners are not required. Wear comfortable, flexible, non-slip footwear. Email saskatoon@scdscottish.org or call 326-664-7049.

THEATRE

Pottery Camp Prince Festival
Princess Rhea, July 28, at Broadway Theatre. Held the day before the festival begins, this night showcases all 34 member studios and shows, including a 3D printer. With a special preview of the street theatre. The festival runs Aug. 1 to 10 on Broadway Avenue.

Eighth Annual Fluvio Youth Theatre Festival
Runs to July 27, 7 p.m., at The Refinery. With seven new plays written, directed and performed by people ages 20 and under. Featuring a musical, a play written in a special

form of spoken-word poetry, physics asking the Higgs boson in giant mech suits, a heart of diamonds, and plays that dig into emotions that hit closer to home.

Theatre in the Park: Alex in Wonderland
Runs to July 28, 7:30 p.m. Mondays to Friday, and Saturdays at 2 p.m., in 75 parks throughout Saskatoon. Presented by Sue Theatre Ensemble. Actors use the natural beauty of the park to tell their story. Props, tables, props, costumes, and soccer balls become much more than they seem. Visit www.suetheatre.com for schedule.

Salt-Water Movie
Runs to July 28, Tuesday to Saturday evenings, and Wednesday, Friday and Sunday afternoons, at Station Arts Centre in Reservoir. Performers from May and Jacob express the humour and disappointments of youth life as Jacob tries to live back May's affectless

Shakespeare on the Saskatchewan
Runs to Aug. 23 at the Shakespeare arts along the river. The Comedy of Errors is a comedy-farce comedy of mistakes. It's 1300s. Mus-

both is a bold and bloody revenge tragedy. With a special night fundraiser on July 26 and Sunday tea on July 28.

SPORTS

It's in the Hair

July 26, 8 a.m., at Elkridge Resort. Their second annual 2012 tournament in support of prostate cancer research.

Street Legal Racing
July 28, 5:30 p.m., at Saskatchewan International Raceway, 18 km south of Saskatoon on Hwy. 1. Street racing is a safe and legal environment.

Therapeutic Riding
July 28-29, 7 p.m., at Menards Downs. With jockeys from Vindict and Jarnice.

Golfers' Dinner Series (GMS)
July 27, 6 p.m. to 10 p.m., at Auto Clearing Motor Speedway. Conspiring dinners include Western Canadian Super Late Model championship, thundersticks and pro trucks.

Pottery Camp Soccer Kick in the Park
Mondays to Fridays until Aug. 22 at City of Saskatoon. Fieldwork and youth centre sites. Presented by Saskatoon Youth Soccer Inc. A drop-in summer program for ages four to 18. For a schedule visit saskatoonyouthsoccer.ca.

Weekly Summer Basketball Camp, Leagues and Tournaments
Runs to Aug. 29 in Saskatoon. Offered by Young Athlete. Saskatchewan camps are headed by retired teachers and school principals. Camps held for youth ages eight to 16 at all levels of athletic ability and experience. Visit www.ya.ca, call 326-342-3423 or email info@ya.ca.



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OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration in want to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bedpost@theletterphone.ca. One winner will be chosen each week. Please send entries with the child's name by Monday at 9 a.m.



Last week's contest winner is Revathi Iyer. Thanks to everyone who submitted entries!



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ON THE SCENE

TASTE OF SASKATCHEWAN



ON THE SCENE

See more On the Scene photos at
[Facebook.com/BridgesYXE](https://www.facebook.com/BridgesYXE)

TASTE OF SASKATCHEWAN

For the past 18 years, food lovers have flocked to Keweenaw Park to sample eats from a variety of Saskatoon restaurants. This year there were 30 restaurants to choose from at Taste of Saskatchewan including several new ones to the city. The food available represented cultures from across the globe: from Korean glass noodles and permyabae to tortadas de pollo and Thai green curry. Chef to Saskatchewans bands and performers provided live entertainment throughout the six-day festival which ran July 16 to 21.

1. Jesus Godinez from La Bomba Cafe serves up tostadas de pollo and other Mexican specialties.
2. Myron Sokolski, Anyah Seife and Bruno Baldo.
3. Jo and Coryn Allen.
4. Eric, Lena and Gruboff.
5. Kubyk's Hawaiian.
6. Sarah Dunlop, Heidi Poth and Logan Poth.

BRIDGES PHOTOS BY MICHELLE BEBO





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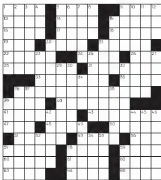
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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Start of a word ladder whose first and last words are suggested by 36 Down
 2 Ladder part 2
 3 Ladder part 3
 4 Ladder part 4
 5 Ladder part 5
 6 Ladder part 6
 7 Ladder part 7
 8 Ladder part 8
 9 Ladder part 9
 10 Ladder part 10
 11 Ladder part 11
 12 Ladder part 12
 13 Ladder part 13
 14 Ladder part 14
 15 Ladder part 15
 16 Ladder part 16
 17 Ladder part 17
 18 Ladder part 18
 19 Ladder part 19
 20 Ladder part 20
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 22 Ladder part 22
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 24 Ladder part 24
 25 Ladder part 25
 26 Ladder part 26
 27 Ladder part 27
 28 Ladder part 28
 29 Ladder part 29
 30 Ladder part 30
 31 Ladder part 31
 32 Ladder part 32
 33 Ladder part 33
 34 Ladder part 34
 35 Ladder part 35
 36 Ladder part 36



ACROSS/15 DOWN/15

DOWN

- 1 House spider after Herbert
 2 Tin Man's sword
 3 Army of "See A Star"
 4 Tree in fruit
 5 How grade of cotton
 6 While you live / "Bank" govt
 7 Landing
 8 "Gives Call"
 9 Prod
 10 "You're in!"
 11 Cartoon character on the 300-52 cover of Life magazine
 12 American marks
 13 American explorer
 14 Host of "Coca-Cola" on 300-52 cover of Life magazine
 15 Baker marks at 300-52 cover of Life magazine
 16 American marks
 17 American explorer
 18 Host of "Coca-Cola" on 300-52 cover of Life magazine
 19 Baker marks at 300-52 cover of Life magazine
 20 American marks
 21 American explorer
 22 Host of "Coca-Cola" on 300-52 cover of Life magazine
 23 Baker marks at 300-52 cover of Life magazine
 24 American marks
 25 American explorer
 26 Host of "Coca-Cola" on 300-52 cover of Life magazine
 27 Baker marks at 300-52 cover of Life magazine
 28 American marks
 29 American explorer
 30 Host of "Coca-Cola" on 300-52 cover of Life magazine
 31 Baker marks at 300-52 cover of Life magazine
 32 American marks
 33 American explorer
 34 Host of "Coca-Cola" on 300-52 cover of Life magazine
 35 Baker marks at 300-52 cover of Life magazine
 36 American marks

JANRIC CLASSIC SUDOKU

Level: Bronze

All in the blank cells are numbers 1 to 9. Each row and column must contain one of each number (no repeats). The numbers in the bold cells are the starting point for the puzzle.

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).



Sudoku is the crossword puzzle of the numbers. See the Sudoku cards featured on Page 35.

Authentic Amish Cooking

RHUBARB CASTARD PIE



- 2 C Rhubarb, chopped
- 1 1/2 C White Sugar
- 1 T Flour, rounded

- 1/2 C Cream
- 2 Eggs
- 1/2 C Water



Layer rhubarb in bottom of unbaked pie shell. Mix rest of ingredients and pour over rhubarb. Sprinkle with nutmeg. Bake at 400° for 10 minutes then reduce to 325° until set.

Courtesy of Wendie Nizley from Illinois School
A favorite of the Farmhouse Cafe

SUNDAY'S BEST OVEN FRIED CHICKEN

- 2 (10-12 oz) Fryin' Chickens
 1 1/2 Colony Seeds
 1 1/2 Popcorn
 2 Egg Eggs
 2-3 Dry Seasoning (optional)
 1 stick Butter, melted
 1/2 C Flour
 2 T Onion Powder
 2 T Lemon Pepper
 1 T Fresh Chopped Thyme
 1/2 C Breadcrumbs
 10 oz Seasoned Bread Stuffing
 1/2 C Grated

Prepare the chickens: Mix together the flour, colony seeds, onion powder, paprika, lemon pepper, salt and thyme. Whisk eggs and buttermilk together thoroughly. Add optional tabasco. Pour into a shallow bowl. Pour the crushed stuffing into into a separate shallow bowl. Pour the melted butter into a baking sheet. Drizzle the chicken pieces in the seasoned flour, then in the buttermilk and egg mixture, coat chicken pieces in crushed stuffing mix. Gently roll the chicken in the melted butter on the baking sheet. Divide chicken between two clean baking sheets. Place the breast and wings on one, the legs and thighs on the other. Bake at 400° for 30-35 minutes for the white meat and 35-40 minutes for the dark meat.



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MUSIC

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FACTOR

Producer's album a five scene play about grief

By Angelina Irimaci

Factor's goal is to be unique, and it's definitely been working for him.

Factor is a well-known and respected music producer — he says artists earn respect by not being phony and staying true to themselves.

"I just try to have a sound that when you put the beat on you know it's me. It sounds different," says the longtime music guru.

He is the founder and owner of the label's five floor Toronto and although he consistently works with acts in and out of the scene, he still calls his studio home.

Factor's ninth studio solo album *Wake Up Alone*, was released on July 13 and true to his character it's unique (*Wake Up Alone* pillow cases are for sale), eclectic (it features artists from around the world) and thought-provoking (it tells a story from start to end).

Wake Up Alone took about a year to produce and tells the story in five scenes: the Protagonist (Chris Positano rapper Kirby Downside) loses his wife (Santana's Jesse Beckett), while trying to bring her back to life, he goes through the five stages of grief: denial, anger, bargaining, depression and acceptance.

"As he's going through that, the songs switch and go darker and lighter and back into the acceptance stage and he ends up accepting her death in the end and saying 'hey,'" explains Factor.

The concept began as a vague idea, but as Factor began to produce the music, the story started to take on a new form. Once the concept was complete and the characters imagined, Factor approached artists he'd previously worked and loved to ask and who he knew would be a good fit for a particular character and song.

"It could have got cheesy at any moment," he says. But everyone did such a good job. I'm so happy with everyone's contribution."

The fact that he's been around for



Factor shows here in a Saskatoon antique shop, and released his ninth studio album, the eclectic and thought-provoking *Wake Up Alone*. (MUSIC PHOTO BY MICHELLE LARA)

years he started as a DJ in 1990 helped Factor find an eclectic group of musicians — both local and international. It's also helped him develop his unique sound. He describes his music as organic, vintage and drum-heavy.

"I've always been into vintage and older classic sounding stuff," he says. "I don't really care what everybody else is doing right now. I'd rather do something that is still cool in 10 years than make a song that is cool right now."

It's that focus on the long term

that has allowed Factor to have such a sprawling list of albums he's produced (about 30). He says he could make more money selling single beats, but he prefers to focus on bigger projects.

"Although if it's meant to me to do that, I like to do my own stuff — do not get my career going and get my sound."

Factor has no formal music training, which he says has both helped and hindered him, it's been beneficial to him because without training he feels that he can think more freely

outside of the box. When he started producing he would dig through records as his musings and record songs, searching for little sounds that he found unique and would then off them together. Factor moved on to using synthesizers then started working with live musicians. He has an ear for sound and knows what he wants.

"My goal is to make the live instruments that I'm recording sound like a sample off a record. So maybe we'd record some word and put it under with a guitar so it won't sound quite

so close, like maybe you sampled it

off a psychobilly '70s record."

Factor has always been into art, whether it's painting, photography or music, he thrives off creating and having a finished product at the end of a work day.

"Maybe if I make the best that's all encompassing of my whole life then maybe I'd quit," Factor says with a laugh.

But I still don't feel like I've made that song or made that impact and a lot of people don't until they're anyway."

WINE WORLD

#SASKATCHEWAN WINE SCENE

Find comfort in Kingston Estate Petit Verdot

By James Romanow

Even in summer, when the warm drink white, there are moments when things seem to be going wrong, when you need comfort. But what to drink when in such a condition? White wine is just too... frivolous. Life is short! The answer is simple!

Well, how about a Petit Verdot? This is a grape not much known, one of the few main stays of good Bordeaux. Merlot and Cabernet hog the spotlight, Cabernet Franc gets at least some airplay. But if you were to go looking for a Petit Verdot bottle, it would suggest you would look long and hard. Great company included at auction.

Indeed the status of the grape has fallen so far that Kingston Estate in Australia has more than four times the Petit Verdot under cultivation than you can find in all of France those days. Kingston and Perrenoud are the chameleons of the wine on the shelves here. Both are fond of making a big brooding wine with strong tannins combining with a surprisingly delicate bouquet and palate.

The colour is deep purple, almost black, but the bouquet makes you think the clouds might open again. It smells of lovely violets and red berries. The palate sends that message with a tremendous brash acidity. The tannins



are more in the background than I expected. They're tucked there heavily polyphenols into a balanced contrast.

Kingston Estate is a great deal. The wine seems entirely appropriate after a bad day. In fact, it will share and feel your pain, but after the first glass you'll be thinking, "perhaps a drink!" Potatoes salad will be welcome. And possibly some grilled vegetables. By the end of the bottle, the little burles will be singing again.

Kingston Estate Petit Verdot, Australia, \$80-\$170.

More summer wine in Monday's StarPhoenix or @jromanow on Twitter.

Crossword/Sudoku answers

POOR	POOL	FALL
CIPE	IMNG	COKE
LEEN	HATS	ARELA
OCA	CARO	PRETA
SACRA	POLE	DEL
INSPERIT	NOTDONE	
NOVUSER	CRES	
INSTANT	MINAR	
AMIC	ANTADGO	
IFD	CHINE	HAILEMAN
ALIB	ROULE	LUCCA
MAGAT	CITY	DEM
ATITAT	NOMA	NOTA
ATAT	ALAS	ERIT
RILE	RICE	BICH

4	6	7	8	5	2	3	9	1
3	9	8	4	1	7	6	5	2
5	1	2	9	6	3	4	7	8
2	4	9	7	3	5	1	8	6
6	7	5	1	8	4	2	3	9
1	8	3	6	2	9	5	4	7
9	3	6	2	4	8	7	1	5
7	2	4	5	9	1	8	6	3
8	5	1	3	7	6	9	2	4

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SPACES

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SASKATCHEWAN'S BEST SPACES

Backyard pool provides an at-home vacation

By Ashley Martin

WHO? Lynn Armstrong and her husband Mark

WHAT? The backyard of their northwest Regina home

WHEN? The swimming pool, the focal point of their yard, is original to the house, which was built in 1970. The Armstrongs moved a eight years ago, they thought a house with a pool would be great for their two children, now 26 and 25, both have moved out, but Lynn still loves it.

WHY? "We use it. This is where we live. It's our vacation," said Lynn of her private, sunny backyard.

HOW? Two years ago, the yard underwent a major renovation, started by major flooding.

"The sides of the (poorly) walls were falling inward, we had major cracks in the bottom, we had water coming from everywhere. The water table was extremely high that year. It was just a disaster."

After phoning several pool companies, which wanted to scoop the old pool at a cost of \$25,000 and several landscapers, which quoted a similar price for filling in the yard, Lynn got in touch with Penguin Pools, which she credits for saving her pool.

"We deferred all the work," as Penguin guided them through the renovations, which cost a fraction of the earlier quotes.

"We were in the pool digging and cleaning and pumping water out for weeks," said Lynn.

"I'm glad that we saved it because it's nice to have Saskatchewan, it gets hot here... when it's hot, you want to enjoy that."

That one-time job aside, the pool requires a bit of regular maintenance, though no more than any other yard. Instead of mowing the lawn, they use a trimmer, the pool is not a mess and pet chlorine and algae in it.

Each year, Lynn also stains the concrete, which slowly erodes and degrades the pavement. She opted for a dark grey the year. A couple of years ago it was a deep red.

The stain, plus different flowers and throw pillows, give a different feel to the yard each year. Lynn is not a store decorator.

"I'm always painting, I'm always wallpapering. I'm always changing something because I like change."

A perennial garden, climbing vines and potted plants give up the space.

With numerous indoor areas, including her "sitting garden," with a Papyrus reading chair, the yard is great for entertaining.

"We've had most of northwest Regina here."



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SHARPEATS

SASKATCHEWAN FOOD TRENDS

Province has some buns to die for

By Jenn Sharp

Steamed buns, stuffed buns, sweet buns—I can never get enough buns.

The recipes vary from place to place but one thing is certain: Regina and Saskatoon have a ton of options if you're looking for a bun fix.

China Pastery's steamed buns are legendary in Regina (located at 525 University Park Drive) and are available just an inch closer. Bannan has a people come from all over the city and line up outside the door waiting for the buns. I wasn't able to get my hands on one but try it for yourself.

However, I was able to try Bocklede Bites House's famous coconut buns, which made an unusual bun feel as good to be so simple because they usually sell out by mid-afternoon.

When I got to the modern, northeast cafe, the smell of baked bread with coconut aromatics enveloped me.

The homemade bun is bigger than it looks—come on an empty stomach. Crisp baked coconut splits out the top and the moist inner filling is almost too good to be true. Make sure you try it warmed so all the flavours blend together.

An Asian bakery 80 Cuts, opened about four months ago at 1120 Broad Street in Regina. Co-owner Eva Yang bakes all manners of sweet and savory buns daily. The coconut bun here definitely quite match up to Bannan's (a little too much bun) but the moist coconut bun is to die for. Yang is considering opening a second shop in Saskatoon one I would welcome with open arms.

Mixes French Buns & Dads serves up affordable and tasty pork steamed buns, along with Vietnamese style noodle bowls, rice plates and fresh bubble tea. Located in a small shop at 1150 Victoria Avenue in Regina, get yourself a bag and grab a seat at the outdoor tables.

An inventive twist on the steamed bun concept in Saskatoon can be found at Honey Bun Café. Asagaya Armstrong recently opened her pretty little cafe at 1624 Second Ave.



An assortment of stuffed buns from Regina hot spots. (From left) a pineapple oil stuffed bun from 80 Cuts, a coconut bun from Bocklede Bites House and a steamed bun from Miu's. (Photos by Michelle Bitts)



The homemade coconut buns at Bocklede Bites House are famous in Regina and for good reason. (Photos by Jenn Sharp)



The pulled pork stuffed bun and house salad at Honey Bun Café in Saskatoon. (Photos by Michelle Bitts)



Honey Bun Café's veggie stuffed bun and Italian pesto tomato soup. (Photos by Michelle Bitts)

rose & The signature stuffed buns here are baked fresh every morning, as well as lots of other goodies (the place is quickly becoming known for its cinnamon buns).

The stuffed buns come in several varieties and are available as a lunch combo with soup or salad for \$8.95. I love these buns—they're everything good, homemade bread should be. I could literally live the happiness

snagging through my kitchen from the truly deliciousness.

It wouldn't be a thing about the veggie bun is a mixture of mushrooms, pepper, sausage and onion, goat cheese and pesto, but the pulled pork and caramelized onion bun could use a little more zip on the chorizo and smoked paprika sauce. There was also a bigger bun to stuffing rolls in the pulled pork

The sausage? (By the way, the coconut bun is your soup.)

A few people had told me the soup wasn't up to snuff, at Honey Bun. This probably comes from the fact many of us are accustomed to eating restaurant's over-salted soups. A healthy soup can pale in comparison if the other flavours aren't stepped up to make up for the lack of salt. Armstrong and her staff are do-

ing a great job at providing lots of healthy breakfast and lunch options in a world where 300C felt the need to launch another version of the old only looks Double Down (the Singer Double Down) in June. It's a move I salute.

For now I've had my fill of buns. What's your favourite? Get in touch at jsharp@thesaskstar.com or on Twitter @JennSharp.

ASK ELLIE

Friends' affairs putting a strain on relationships

Q Two of my married girlfriends are having affairs.

I'm married, with two children ages seven and five, and I work part-time. I also drive the kids to various activities like sports and their music or dance lessons.

I do all the food shopping and laundry so I have little time for my self, let alone for a romance or even a fling.

But these women who tell me their stories create time for cheating.

One woman from a hockey rink is "in trouble," but actually needs her time in the afternoon at a hotel. Another woman lies to her husband that she's having a "girls' night out" — like is sleeping with a married man whose wife travels for work.

I used to like and respect both women, who are old friends since high school, but their dishonesty to their husbands and their lies is disgusting me.

I've kept my mouth shut so far, but is it wrong for me not to say what I think? Am I contributing to their

Ask Ellie



cheating by seeming to approve of it?

Turned-off Friend

A Both women know you long enough to sense your personal standards.

However, by listening to their stories, you give tacit acceptance of what they're doing.

It's time to turn off their reporting by saying you feel it's their private business that you'd prefer not to know. The message that it's between you and her is clear.

But there's more in long friendship than judgment. This is an opportunity for you to say to each one that you worry about her and where an affair can lead.

The longer cheating continues, the more whatever caused it gets ignored. And the marriage grows deeper-rooted problems that aren't fixable.

Despite her feelings of sympathy, lies, or whatever each woman claims as the reason for an affair, the future's likely to bring exposure as a cheat, possible divorce, and troubled reunions for her children.

Showing you care may help move a friend to re-think her actions.

Q I was 18, living in England with a violent father and a mum who didn't do anything about it. I had fear attacks and I couldn't stand the heat again.

I ran away to live with a friend who lived in similar circumstances... it was 1964, the war was still on.

We hid behind in Scotland and crawled through the bushes were surrounding the docks. We had in a crate. My brother felt sick, so we got out of the crate and were promptly captured by a dockyard policeman.

We were interrogated in the local

police station, fed, and put in bed. The next day with a policeman escort we caught a train to our hometown.

When my mother opened the door, the policeman told her she should stop my father's brutal behaviour immediately.

"Things settled down, just a little. I left school at 14, got a job, and joined the British Royal Navy at 16.

I loved every minute of it. One weekend I was at an afternoon party and, looking out a window, saw this gorgeous young lady walking along the road.

She came to the door and we were introduced. It was love at first sight. I was 17. We married three years later.

Still Together

A Thanks for this touching and inspiring story of a young person's determination to defy circumstances and find a better life. It is not an easy task.

I include your experience as encouragement to others dealing with similar difficulties. It is an example of how determination, courage, and

optimism can help someone find lasting love.

Q What do I do when I have a crush on my best guy friend but know that he likes someone else?

Teenage Crush

A Continuing to be a good friend — if you share some interests and enjoy doing things together, and if you can handle this risk.

Do NOT tell him that you have a crush on him, as you don't want to embarrass yourself or him, or lose the friendship.

However, if you cannot take hearing his stories about the other person, speak up and say you're taking a break from the close friendship.

If he actually likes you, but has also been afraid to say so, he has the chance to speak up too. If not, you need to move on to save your self-esteem.

This is especially important if the whole connection so far depends on his on being you a confident about his feelings for someone else.

Next week in BRIDGES

Regina-raised former
Saskatoon Blades
scrapper Garrett Klotz
is keeping his NHL
dream alive



BRIDGES

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A STARPHOENIX COMMUNITY NEWSPAPER

A FIGHTING CHANCE

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